All Paths Can Lead to Success...
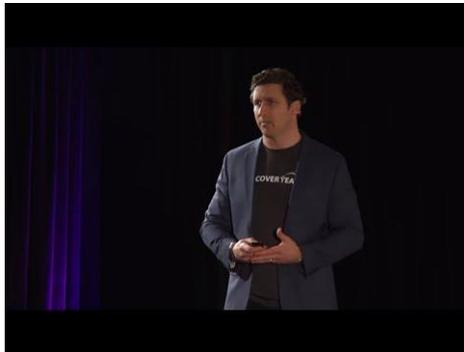
Gap Year: A Path to Purposeful Education

"Create a life that feels good on the inside, not one that just looks good on the outside." Jay Gosselin, the founder of MentorU and the Discover Year Program is striving for significance. Jay uses his own non-traditional career path to demonstrate how action, openness, and authenticity are foundational principles when building a purposeful career and life. Jay has travelled to 51 countries, held 19 different jobs, and lived in 7 Canadian cities. His greatest lessons have come through dozens of job rejections, being cut from competitive sports teams, and an abandoned wedding engagement. The combination of insights Jay has gathered from meeting over 13,000 students, conducting research in psychology and education, and his own experiences, enable him to create meaningful programming for young adults striving to build purposeful lives.

Making the Most of a Gap Year...

Jean Fan is the Director of Community at UnCollege, an organization that helps people take control of their education through its flagship Gap Year program. In the past, Jean has volunteered at fashion shows, worked at a hackerspace, and led a design initiative. She is currently taking time off from Stanford University to work, learn and travel. The Gap year is for those students who want to take a year off from school -- from those who want to truly excel in college, to those who are questioning the current system, to those who just want time to pursue personal projects. This year isn't for watching TV and taking a break from learning. Instead, it's a time for students to learn on their own, gain a real-world perspective, and reflect on what they've done and what they want to do. Too often, students (especially ones that excel in school) rush into college, thinking it's the quickest path to success. Unfortunately, if they haven't paused and given themselves a chance to explore their options, this can prove to be the quickest path to the wrong success. By taking a gap year, students can make sure they're building a life they will want to lead.